

Better Communication Worksheet 1

Match these strategies with the examples below

1. Use this/those questions (or statements).
2. Give countdown alerts for transitions.
3. Use a timer.
4. Be confident and direct.
5. Use first/then statements.
6. Set boundaries.
7. Ask before helping when they DO have a choice.
8. Give a replacement behavior.
9. Break down requests into steps.

Examples:

- a) "We are going inside," instead of "Do you want to go inside now?"
- b) "We are going to sit down. Do you want to sit in this chair or that chair?"
- c) "First, we'll listen to the Bible story, and then you can play in the ball pit."
- d) "No, you may not take that marker away from your friend, but you may use this one or this one."
- e) "You may take this car to large group, but it must stay in your lap."
- f) "Your friend will be done swinging in 2 minutes. "Here are two minutes."
- g) "May I turn this page over so you can color on the other side?"
- h) Instead of "Let's go there," try "stand up, grab my hand, walk with me."
- i) "We will play with the blocks for 5 minutes, then we will clean up; we now have 2 minutes to play, then we will clean up; time to clean up."

Answers: 1b2i3f4a5c6e7g8d9h

Better Communication Worksheet 2

Match these strategies to the examples below.

1. Redirect attention to something else.
2. Praise all good behavior.
3. If using a negative consequence, make it reasonable, practical, and always follow through.
4. Use the I-Do, We-Do, You-Do approach.
5. Acknowledge feelings first.
6. Avoid abstract language, joking, slang, and idioms.
7. Keep tasks short and break them into small steps.
8. Restate expectations after moving to new environments.
9. Enforce their desire to do what is right.

Examples:

- a) "First, I will hang up your coat, then we'll hang up your coat together, then you will hang up your coat."
- b) "If you throw that car again, you may not play with cars for 5 minutes." Repeat.
- c) "Please pick up and put a book on this shelf. Great! Now pick up another book and put it here or here."
- d) "There's a big truck over there, let's go get it."
- e) "I know you are upset; I will listen once you stop yelling."
- f) "We share toys in class, and now we share the ball on the playground."
- g) "We are staying inside because we don't want to get wet." Not, "It's raining cats and dogs out there."
- h) "No, you may not have another cookie but thank you for asking nicely."
- i) "You are so kind, help your friend be calm by not screaming."

Answers 1d2h4a5e 6g7c8f9i